

Partners in Prevention Fund

Site: _____

What is your middle initial? _____

What is your date of birth (month/day/year)? _____

Today's date: _____



CATCH KIDS CLUB AFTER-SCHOOL STUDENT QUESTIONNAIRE

The following questions ask about foods and meals you eat, and what you know about nutrition and physical activity. **This is not a test.** We want to learn about what kids your age eat and know about nutrition and about physical activity.

The answers you give will be kept private. No one will ever know what you say unless you tell them. Your name will never be used.

Please be as honest as you can.

You will receive a password to write down. Please write the password here:

Password: _____

INSTRUCTIONS: Please CIRCLE one of the two foods that you would pick if you had to choose just one.

% If you were at the movies, which one would you pick as a snack?



a. popcorn with butter



b. popcorn without butter

& Which would you pick to drink?



a. regular milk



b. low fat or skim milk

' . Which food would you eat for a snack?



a. candy bar



b. fresh fruit

(. Which would you do if you were going to eat a piece of chicken?



a. leave on the skin



b. take off the skin and
not eat the skin

). Which food would you ask for?

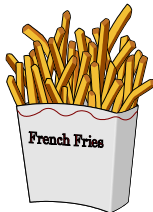


a. frozen yogurt



b. ice cream

*. Which would you choose to cook if you were going to help make dinner at home?

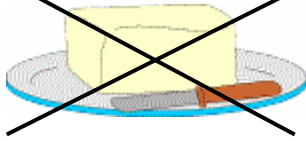


a. French fries

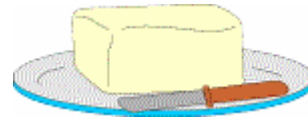


b. baked potato

+. Which would you do if you were going to eat cooked vegetables?



a. eat without butter



b. add butter

, . Which would you order if you were going to eat at a fast food restaurant?



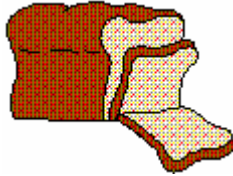
a. a regular hamburger



b. a grilled chicken sandwich

INSTRUCTIONS: Please CIRCLE ONE of the two foods that you think is better for your health.

-. .



a. whole wheat bread



b. white bread

%. .



a. broiled beef



b. broiled fish

%%. .



a. cereal

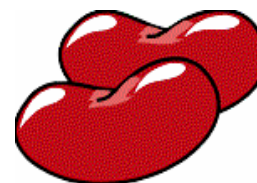


b. eggs and bacon

%&. .



a. beef



b. beans

% .



a. chicken

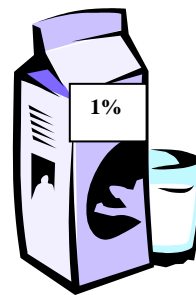


b. regular hamburger

% .



a. regular milk



b. low fat or skim milk

% .



a. frozen yogurt

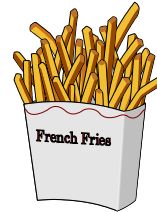


b. ice cream

0% .

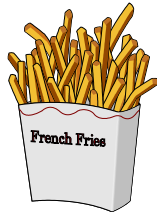


a. green salad



b. French fries

0% .



a. French fries



b. baked potato

0% .



a. 100% fruit juice



b. fruit punch

INSTRUCTIONS: The questions in this section ask how likely you are to be physically active or eat certain foods. Please answer by circling either NOT LIKELY, LIKELY or VERY LIKELY for each question.

% "''''''How likely are you to be physically active 3-5 times a week?

- a. Not likely
- b. Likely
- c. Very likely

&\$"''''''How likely you to exercise and keep moving for most of the time in your after school program?

- a. Not likely
- b. Likely
- c. Very likely

&%''''''How likely are you to run or bike 3-5 times a week?

- a. Not likely
- b. Likely
- c. Very likely

&&"''''''How likely are you to keep up a steady pace without stopping for 15-20 minutes when you are physically active?

- a. Not likely
- b. Likely
- c. Very likely

Thank you for your help!